



# Program Overview

## Purpose

After several years of varied local implementations, **Harvest of the Month** is being introduced and made available statewide with this tool kit. The overall goal of the tool kit is to provide knowledge- and skill-based strategies that are:

- standardized
- replicable
- cost-effective
- convenient

These strategies are designed to motivate and empower students to increase consumption and enjoyment of a variety of colorful fruits and vegetables and to engage in physical activity every day. This *How to Grow Healthy Students* booklet will help guide you to use the materials in this tool kit and implement a successful **Harvest of the Month** program.

## Description

Studies show that healthy eating and daily physical activity have a profound impact on the body and mind by improving the ability to learn and comprehend, boosting energy, improving school attendance and changing attitudes, behavior and more. The tool kit provides materials and resources to support healthy food choices through increased access and consumption of fruits and vegetables as well as encourage daily physical activity. It uniquely supports core curricular areas through exploration and study. The tool kit presents a strategic opportunity to bring together the classroom, cafeteria, home and community to promote a common goal and healthier habits for students, especially those in low resource schools.

The objective of the **Harvest of the Month** tool kit is for students to increase their:

- access to fruits and vegetables through school meal programs, classrooms, school gardens, farmers' markets, grocery stores, community gardens, etc.
- preference for selected produce items through classroom activities, such as taste testing, cooking in class and school garden activities, and through menu offerings in the school meals program.
- participation in daily physical activity and understanding of why it is important.
- knowledge of and familiarity with California grown fruits and vegetables and the rich agricultural bounty of the State.

**Harvest of the Month** is comprised of four key elements: Educator Newsletters, Family Newsletters, Menu Slicks and Press Release Templates. In addition, a **Harvest of the Month** Featured Produce poster may be ordered.

*For more information on each element, please refer to the Tool Kit Elements section on page 4.*